

徐文炜,姚建军,吴越,朱培俊,袁菁,钱富强,顾君. 认知康复对精神分裂症认知功能影响的研究[J]. 中国康复医学杂志, 2011, (1): 55-59

认知康复对精神分裂症认知功能影响的研究 [点此下载全文](#)

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基金项目:

DOI:

摘要点击次数: 101

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摘要:

摘要目的: 探讨认知康复对精神分裂症认知功能的影响。**方法:** 对象取自无锡市精神卫生中心住院精神分裂症患者100例。随机分配到个别认知康复组(个别康复)33例、集体认知康复组(集体康复)33例和单独服用抗精神病药物组(对照组)34例。认知康复的主要内容是认知重建技术和社会技能训练。每周治疗3次,每次60min,6个月为1疗程。应用韦氏成人智力量表(WAIS)和威斯康星卡片分类测验(WCST)评定治疗前后的认知功能。**结果:** 100例患者均完成治疗,三组患者康复训练前后的WAIS、WCST均无显著差异。但康复训练后个别康复、集体康复的WAIS总分、作业增分的差值显著高于对照组($P=0.034$ 、 $P=0.039$),集体康复的言语分差值显著高于对照组($P=0.040$)。WCST操作显示接受认知康复的患者其执行功能的改善优于对照组($P<0.05-0.01$)。但个别康复和集体康复之间差异无显著性。**结论:** 接受认知康复的精神分裂症患者其在认知功能改善方面优于仅服用抗精神病药物的患者。

关键词: [精神分裂症](#) [认知功能](#) [认知康复](#)

Study on the effects of cognitive rehabilitation on cognitive function for inpatients with schizophrenia [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To explore the effects of cognitive rehabilitation on the cognitive function for patients with schizophrenia. **Method:** One hundred inpatients with schizophrenia in Wuxi mental health center were randomly assigned to three groups, including individual cognitive rehabilitation group (ICR) with 33 cases, collective therapy group (CCR) with 33 cases and control group with 34 cases taking antipsychotics only. The main content of cognitive rehabilitation therapy(CRT) program was cognitive reinitiating and social skills training. In cognitive rehabilitation program, the duration for patients in ICR and CCR groups was 6 months. Each therapy was performed for 60min with three times a week. Application of Wechsler adult intelligence scale(WAIS) and the Wisconsin card sorting test (WCST) were used to assessed cognitive function before and after treatment. **Result:** One hundred patients completed treatment in the study. There were no significant difference for WAIS and WCST in three groups before and after rehabilitation training. However, the difference values of WAIS total scores and the operating scores in ICR group and CCR group were significantly higher than those in control group ($P=0.034$, $P=0.039$) after rehabilitation training. In addition, the difference values of WAIS verbal scores in CCR group were significantly higher than those in control group ($P=0.040$). WCST operation indicates that the scores of improvement on executive function for patients in ICR group and CCR group were higher than those in control group ($P<0.05-0.01$). However, there was no significant difference for WCST between individual and collective rehabilitation. **Conclusion:** The cognitive function of schizophrenic patients may benefit more from treatment with cognitive rehabilitation than those from treatment with only antipsychotics.

Keywords: [schizophrenia](#) [cognitive function](#) [cognitive rehabilitation](#)

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